

TRY SOMETHING
NEW

Discover refreshing new products
to sip on this summer!

19⁺ Celebrate
RESPONSIBLE CHOICES



NSLC
BEER • WINE • SPIRITS

Halifax metro



GORD DOWNIE
CANCER
DIAGNOSIS
JUST PLAIN
TRAGIC
metroNEWS

Your essential daily news | WEDNESDAY, MAY 25, 2016

High 17°C/Low 9°C Fog  



Dartmouth woman
Susan Killbride
Roper wants to
help break down
the stigma of
mental health.
JEFF HARPER/METRO

**NOVA SCOTIA'S MENTAL
HEALTH EMERGENCY**

**'It's a
struggle,
but it
doesn't
stop me
from doing
things.'**

Special four-day feature
investigation continues
metroNEWS



A new career. A better life.

"I want my life to mean something."

Train to become a Medical Office Administrator in just 13 months.

maritimebusinesscollege.com | 902-463-6700

**Apply now
to start in
September**



ONLY AT O'REGAN'S DARTMOUTH  HYUNDAI®

LIMITED SUPPLY!
NO RAIN CHECKS

DEALER INVOICE
PRICING

ENDS
MAY
31ST

2016 ACCENT

WAS

~~\$13,899~~

SAVE \$4900

NOW

\$8,999



4DR



5DR

YOU
PICK

BUY FROM

\$25*

/WK

OR
UPGRADE

AUTOMATIC
WITH A/C,
REMOTE STARTER

FOR ONLY

\$35*

/WK



FREE
WINTER TIRES

OR

BONUS

7 YEAR
WARRANTY
120,000 KM
COMPREHENSIVE LIMITED WARRANTY*

ON ANY 2016
ACCENT PURCHASE

 CANADA'S
BEST
MANAGED
COMPANIES
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

DARTMOUTH
HYUNDAI

60 BAKER DRIVE, UNIT - D
465-7500
oreganshyunda Dartmouth.com

*See dealership for more details. Vehicle not actually as shown, limited availability. Tax and fees not included in payment or price. Offer subject to change without notice. Your choice of bonus warranty or free winter tires with O'Regan's financing.



Bloomfield sale deferred

DEVELOPMENT

Decision pending adoption of Centre Plan



Yvette d'Entremont
Metro | Halifax

The sale of the Bloomfield property in Halifax's north end will be deferred until the conclusion of the municipality's Centre Plan process.

That was the decision reached by Halifax regional council on Tuesday.

Last week the provincial government announced it will no longer be the developer for a planned affordable housing project on the Agricola Street property.

This leaves the door open for a private developer to take on the project, which had been in limbo.

"It is great to hear the province publicly stating that they are willing to continue to work with us in the future of looking to ensure affordable housing options are available at Bloomfield," Coun. Jennifer Watts said.

Watts said she wanted to see affordable housing, social enterprise and open space all incorporated into future plans for the property. These were the require-



Coun. Jennifer Watts is hopeful affordable housing, social enterprise and open space are incorporated into future plans for the Bloomfield property. JEFF HARPER/METRO

ments set out by the municipality for developers during the initial request for proposals process.

"I don't consider this a big win in any stretch of the imagination," said a frustrated Coun. Russell Walker.

"If they (the province) were really, really concerned about affordable housing they'd have made this project work in my opinion."



It is great to hear the province publicly stating they are willing to continue to work with us. Jennifer Watts

To answer why the municipality would hold off on selling the property until after the adoption of the Centre Plan, acting CAO John Traves told council there would be higher value and better opportunity to wait and sell

once the plan was in place.

Mayor Mike Savage also spoke to the issue, noting that it was "a given" that the municipality would work with Imagine Bloomfield.

That community-based group

helped put together a vision for the Bloomfield Centre project and had worked with the province until pulling out earlier this year because of a lack of action by the province on the initiative.

"This is the second worst place we could be. The worst place would be if the province hadn't made a decision and we continued to drag this out," Savage said.

HOMES NOT HONDAS

Report to address questions

Concerned citizens who signed the Homes Not Hondas petition will have the benefit of a staff report to address their questions.

More than 1,000 signed the petition, submitted to council May 10.

Coun. Jennifer Watts requested the report to address issues raised by the petition. She wanted a public record of council's options and its authority to prevent the demolition of homes in the area of Fern Lane, May Street, McCully Street and Robie Street.

Coun. Steve Craig said the current development environment, particularly in the urban core, is bustling and the document could serve not only as a response to the petition, but as a "template for information."

"We have a lot that's happening and we have a lot of citizens out there who don't know what the framework is, where we're going, how we're getting there and when you bundle all of this up together it appears as though to some people we don't know what ... is going on," he said.

The request for a staff report on the petition passed by a 16-1 vote.

YVETTE D'ENTREMONT/METRO

Do your life justice.

Career training for Corrections & Policing Foundations in just 14 months.

Ask about our
TUITION PLEDGE



Success College
Get Ready.

The only college to use FATS® L7 virtual firearms training simulator and official PARE and COPAT training equipment.

Apply now to start in September

successcollege.ca 902.865.8283

WATCH SALE UP TO 50% OFF

*May is watch month.
Sale applies to in-stock watches only.*



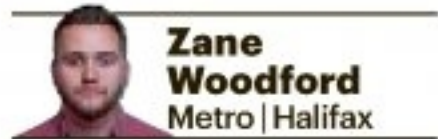
SPRING GARDEN PLACE, HALIFAX • 902 423.5600 • TOUCHOFGOLD.CA

NOVA SCOTIA'S MENTAL HEALTH EMERGENCY

Fighting symptoms and stigma

COMMUNITY SUPPORT

'There's always stuff to do': Susan Killbride Roper



Zane Woodford
Metro | Halifax

It's been a long road for Susan Killbride Roper.

For decades, she's lived with diagnoses of depression, anxiety, alcoholism and bipolar disorder, all while raising a daughter.

"Right now, I live with anxiety and depression. Reaching out towards wellness, but it's a struggle," she says.

"It's a struggle, but it doesn't stop me from doing things."

It certainly doesn't; the many organizations to which Killbride Roper lends a hand are simply too long to list.

To name just a few: She and her husband Don run the Empowerment Connection, helping people find help for mental health issues and advocating for patients' rights, and she's a founding member of the Healthy Minds Cooperative, the Halifax Bipolar Peer Support Group, and the Defeat Depression Walk — which happens this Sunday for the fifth year.

"There's always stuff to do," she says. "Always. And any community organization, if you already have an awareness of mental health issues, needs that kind of assistance."

Like many people who have a lived

experience with mental health struggles, Killbride Roper, 57, feels an innate need to help the kinds of organizations that helped her.

"I was helped by the community, so that's why I want to give back," she says.

Her journey began when she was a teen. Having been diagnosed with depression at 15, she was forced to quit school. At 18, she had her daughter, and experienced post-partum depression.

She didn't take the medication that was prescribed to her, but didn't have another major episode till her 30s.

At that time, she'd been working in the stock brokerage sector, where she says drinking was simply part of the work culture.

At 33, she "crashed," and sought help for alcoholism about a year later.

"The addiction had a firm hold of me, so that I was the first thing I dealt with," she says. "Two years later I was diagnosed bipolar, and not because they looked underneath to find the mental illness. I was just quite obviously manic."

Those times were hard, not only for her, but for her daughter as well.

"My daughter was 19 at the time. I tried to hold it together for her. We ended up with a little bit of alienation when I was diagnosed, and then even afterwards until she understood the illness," she says.

Eventually, her daughter came to better understand what her mother was going through.

"I didn't understand, but she did.... I'm really proud of her because now she gets involved in all kinds of activities," she says.



Susan Killbride Roper. JEFF HARPER/METRO

I was helped by the community, so that's why I want to give back.
Susan Killbride Roper

"We have a great relationship, but it was a real struggle."

Seeking more information about what she was going

through, Killbride Roper went to the Halifax-Dartmouth chapter of the Canadian Mental Health Association.

The organization had just moved, and needed volunteer help cataloguing its library — where she would find that information.

She dove right in.

and hasn't stopped since.

Now, much of her work focuses on breaking down the stigma surrounding mental health.

The annual Defeat Depression Walk is a fundraiser, "but more importantly, it's an anti-stigma event," with people in blue shirts walking through the city, and talking to curious onlookers about mental health.

The Bipolar Support Group she founded has similar aims.

"With regard to bipolar disorder, there's so much more stigma. This group helps people feel less ashamed of what they've endured. It provides a place for people to share with others. Any kind of peer support is crucial for recovery, I think," she says.

But she'll take any chance she can to point out that she's not alone.

"There's lots of people like me out there who are passionate, just passionate," she says.

"Because people living with mental illness not only are fighting the stigma, but the symptoms of the mental illness."

1 in 3

Reported having a mental or substance abuse disorder in their lifetime: 317,002 (34%)

From 2012 StatsCan data on Nova Scotia (Mental Health Profile, Canadian Community Health Survey)

PROVINCE

Training and preventative care is key, says advocate

When it comes to the stigma surrounding mental health, we've still got a long way to go, and according to the executive director of the Nova Scotia division of the Canadian Mental Health Association, the province's mental health care system isn't helping.

Pamela Magee told Metro that's because the government is focused on the formal care system, rather than preventative mental health care.

"It reinforces the stigma, because we aren't focusing on wellness, we're focusing on

illness," she said. "If everything's focused on illness, it naturally creates -isms and stigmas because people tend to victimize and blame when they're looking at costs and why costs are so high."

What many people don't realize, she said, is that everyone is constantly living and functioning in some state of mental health.

"You have no health without mental health. It's core to your being and it's a continuum at an individual level," she said.

"One day you could be highly

resilient and at a positive state of mental health, and because of circumstances beyond your control, the next day or the next moment, you may not be."

The more we equip people to cope with their issues through training and preventative mental health care, she said, the better off we are.

"And then it takes the stigma away from people talking about what they're going through, and it doesn't force people to end up as an outcome of having chronic, persistent anxiety or depression

+ DEFEAT DEPRESSION WALK

This Sunday at noon on the waterfront, the fifth annual Defeat Depression Walk will try to start that conversation, while also raising money for the Canadian Mental Health Association's Halifax-

Dartmouth division, the Mood Disorders Association of Nova Scotia, and the Mood Disorders Society of Canada.

The walk starts at the wave on the waterfront, and heads through the city till 3:30 p.m.

because we're helping people before," she said.

"People will recognize that everybody lives with mental

health, it's just the degree of mental health that an individual has varies moment to moment, day to day." ZANE WOODFORD/METRO

HOW TO GET HELP

If you're in crisis, go to the nearest hospital, call 911, or call the province's crisis line at 1-888-429-8167 (toll free), available 24 hours a day, seven days a week.

If you're looking for programs and services, or information about mental health, contact the Canadian Mental Health Association at 1-877-466-6606 (toll free).

2016 MAZDA CX-3



LEASE FROM **\$285/mth***
FINANCE FROM **\$66/wk***

2016 MAZDA CX-3
CANADIAN UTILITY
VEHICLE OF THE YEAR
AND
CANADIAN GREEN UTILITY
VEHICLE OF THE YEAR

2016 MAZDA CX-5



LEASE FROM **\$303/mth***
FINANCE FROM **\$138 bi-wkly***

2016 MAZDA CX-9



FINANCE FROM
\$190 bi-wkly*

2016 MAZDA MX-5



FINANCE FROM
\$108/wk*

CUSTOMER APPRECIATION — DAYS! —

EXTENDED TO MAY 31st

REWARDS AREN'T GIVEN, THEY'RE EARNED!

REWARD YOURSELF.

LET'S HELP FORT MCMURRAY

City Mazda will
donate **\$100**
to the Red Cross
for every vehicle sold!

2016 MAZDA 3



LEASE FROM **\$240/mth***
FINANCE FROM **\$58/wk***

2016 MAZDA 3 SPORT



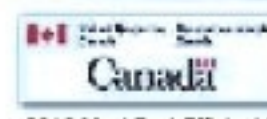
LEASE FROM **\$270/mth***
FINANCE FROM **\$119 bi-wkly***

2016 MAZDA 6



LEASE FROM **\$331/mth***
FINANCE FROM **\$146 bi-wkly***

2016 MAZDA 5



FINANCE FROM
\$292/mth*

FREE IN-DASH NAVIGATION OR \$500 SIGNING BONUS!

You Can't Believe the City Mazda You Can Afford!



City mazda

Independently Owned & Operated

2672 Robie Street, Halifax (902) 453-4115

www.citymazda.com

Programs may change. *Payments plus tax and Lic. 84 months. OAC. Leases plus tax and Lic. 48 months. OAC. See dealer for details. Vehicles not exactly as shown. Offer valid until May 31, 2016. Offers subject to change without notice. No charge navigation offer (value of \$425) valid on purchase, finance or lease of select model & unused 2015 & 2016 Mazda models. TM trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and City Mazda. Rebates to Dealer.

COMMERCE

Sullivan selected as new chamber chief



Haley Ryan
Metro | Halifax

Senior business executive Patrick Sullivan will soon step in as president and CEO of the Halifax Chamber of Commerce.

On Tuesday, the chamber announced Sullivan has been recently approved to take over from long-time CEO Valerie Payn on June 1, who served for more than 25 years in the role.

A release said Sullivan was selected in a year-long national search that brought in more than 100 candidates, and Sullivan was the unanimous recommendation of the search committee.

Sullivan is presently the managing partner of Break It Group, where he consults many businesses on growth strategies, the release said. He has previously worked as the



Patrick Sullivan. CONTRIBUTED

CEO of Tourism Nova Scotia for almost three years, and a variety of senior roles including president of Workopolis, president of Toronto.com, vice president, mobile, business development of Sympatico, and vice president/general manager of Indigo.ca.

In his early career, Sullivan was the director of international marketing for Moosehead Breweries, and has a Bachelor of Business Administration from Mount Saint Vincent University.



TCL President and CEO Scott Ferguson is taking up a new role with the World Trade Centres in New York. JEFF HARPER/METRO FILE

Trading places, but not jumping ship

CONVENTION CENTRE

TCL's Ferguson insists switch does not send out bad signal

Jeremy Mutton
For Metro | Halifax

Outgoing president and CEO of Halifax-based Trade Centre Limited says the organization won't miss a step without him. Scott Ferguson resigned

Tuesday to become CEO of the World Trade Centres Association in New York. He was supposed to lead the Halifax Convention Centre when it opens next year.

Asked if he thought the optics looked bad leaving so close to the opening, Ferguson said he didn't think TCL faced any challenges launching the centre.

"With me leaving, I don't think we're going to miss a step," Ferguson said. "The wildcard is the determination and skill of the Trade Centre team... we've been working hand in hand over the last couple years."

Ferguson became the trade centre's CEO in 2009 and his current term was due to end in 2018. He said he'd been discussing the job with the association over the past year, but negotiations concluded last week, around the time when Ferguson unveiled the interior of the Nova Centre to media.

"We certainly had a lot of good debate and discussion in the community over the last seven years," he said of the \$500-million project, a lightning rod for discussion over its distinctive architectural style. "While we are disappointed

+ CFO COMES IN

Trade Centre Ltd. has appointed its chief financial officer Carrie Cussons as interim president and CEO. "She's talented and determined, and perfectly set up for success," Scott Ferguson said.

to see Scott go, we have been very fortunate to have such a strong leader with a clear vision," said TCL chair Justin McDonough in a release.

Cambridge English
CELTA

Certificate in Teaching English to Speakers of Other Languages

SAINT MARY'S UNIVERSITY
Halifax, Nova Scotia, Canada • www.smu.ca



Your passport to global teaching opportunities

4-week intensive course: July 4-29 • November 14 • December 9
The Language Centre, SMU • 1-902-420-5691 • CELTA@smu.ca

www.cambridgeenglish.org/celta



WELCOME WIL LONGARD

Vogue Optical is pleased to welcome Wil Longard to their growing team of experts.

Wil has been a practicing Optician for over 40 years in the Spring Garden Road district of Halifax and is one of the most respected eye care professionals in the industry.

Wil brings his expertise and "gold level" customer service to our Quinpool Road location and invites all his customers and friends to drop by and see him.

Welcome aboard Wil!

Vogue Optical 2nd PAIR FREE POLICY

6132 Quinpool Road, Halifax
902-425-2020

Tattoo takes aim at drawing a big crowd

CULTURE

38th annual event set to air on PBS station



Jeremy Mutton
For Metro | Halifax

The Royal Nova Scotia International Tattoo looks to draw a large audience again this summer, in more ways than one.

The 38th edition of the show will be aired on U.S. station PBS and is releasing a documentary film. Tattoo organizers say that means more than 56 million people will see the show.

"And, I'm going to predict right now that we'll have fine weather," producer Jim Forde joked at a launch party in Halifax Tuesday.

Kenyan Simba Zambezi Acrobats will be hoop diving and limbo dancing with fire. German

performers include the elite drill unit Wachbataillon and trampoline comedians The Flying Grandpas.

But the Tattoo will also highlight more serious historical realities.

The event will commemorate 100 years since the foundation of the No. 2 Construction Battalion, the only predominantly black battalion in Canadian military history.

George Borden, a member of the Black Battalion Centennial Committee, said that more than half the unit were African Nova Scotians who pressured the Canadian government to even allow them to enlist in World War I.

Even when they were finally allowed, the battalion's commanding officers were all white. When they got to France, they were made to do hard labour and forestry, "often treated as second-class soldiers," Borden said.

"It's a contradiction, in many ways. For the black community, it's a celebration of achieve-



George Macintosh from the Black Watch Association Pipe Band plays outside the Scotiabank Centre prior to a press conference for the Royal Nova Scotia International Tattoo on Tuesday.

JEFF HARPER/METRO

ment. For the white community, it should be a case of learning and educating. No need to take on a feeling of guilt, because it was 100 years ago, but at least know that it existed," he said.

"For the black community, it means descendants celebrating their ancestors, and that's very important."

The Tattoo runs from June 30 to July 7 at Scotiabank Centre.

ROAD SAFETY

Highway 104 needs twinning: Fire chief

Years of responding to the carnage left by high-speed collisions along an untwinned stretch of the Trans-Canada Highway have taken a toll on the chief of a small rural fire department in northeastern Nova Scotia.

Joe MacDonald, who has been chief of the Barneys River Fire Department since 2000, estimates he has seen hundreds of accidents along Highway 104 since joining the volunteer force in 1987.

"It gets to you mentally," said MacDonald. "It's hard to keep going sometimes."

MacDonald was speaking Tuesday following a Victoria Day crash that claimed the life of a 35-year-old Halifax woman near Broadway in Pictou County.

It was the 15th fatal collision on the untwinned 37-kilometre portion of the highway between New Glasgow and Antigonish

since 2009.

MacDonald said his department has responded to 14 of those deadly crashes, a situation that has left him frustrated and one of the most persistent voices calling for the government to twin the highway.

He said Monday's crash occurred in a passing zone along a straight section of road that also has a rumble strip down the centre line to warn drivers.

But, he said safety measures can only go so far when vehicles travelling in the opposite direction are in such close proximity.

Last June the provincial government announced a feasibility study to examine the use of tolls to help pay for the twinning of up to eight sections of 100 series highways.


The government also said it would hold a series of public consultations before deciding what to do.

THE CANADIAN PRESS



You are only a foot or two apart ... It doesn't take much to get into the other lane.

Joe MacDonald



the future is friendly®


Scratch and save

\$200

up to

on select smartphones*

Celebrate savings.



Visit the TELUS store to get your scratch card.

Offer valid on select 2 year plans while quantities last at participating stores.

TELUS STORES

Dartmouth
Burnside 202 Brownlow Ave. Dartmouth Crossing Mic Mac Mall
Halifax
Bayers Lake Power Centre Halifax Shopping Centre Park Lane Mall Scotia Square Mall 3480 Joseph Howe Dr.

*Scratch and save \$50, \$100, or \$200 on your phone on select 2 year plans at participating TELUS stores. Offer available from May 12 to May 31, 2016 (while quantities last) to customers who activate or renew on a 2 year Your Choice plan starting at \$80 a month before taxes or \$95 a month when adding a line that uses data from an existing subscriber (if that subscriber cancels service, data must be added, from \$25/month). Cannot be combined with any other offers. Card must be presented at point-of-sale. Offer has no cash value and is not transferable. Unused portion cannot be redeemed for cash or bill credit. One card per customer per transaction; reproduced, uncovered or tampered cards not accepted. Valid in-store only at participating locations. Not available on business or corporate accounts. TELUS, the TELUS logo, the future is friendly and telus.com are trademarks of TELUS Corporation, used under license. All rights reserved. © 2016 TELUS.

The tour will go on

MUSIC

Tragically Hip frontman Gord Downie battling cancer

Tragically Hip frontman and lead singer Gord Downie will be well enough to go on tour despite a diagnosis of terminal brain cancer, one of his doctors told a news conference Tuesday.

Downie, 52, was diagnosed with glioblastoma, an invasive brain tumour, in his front left temporal lobe in December after he suffered a seizure while walking around his hometown of Kingston, neuro-oncologist Dr. James Perry said.

"Fortunately for Gord, he has a type of glioblastoma that is more amenable to treatment than most ... with a more favourable response to treatment," Perry told the news conference at Sunnybrook Health Sciences Centre.

While he said Downie could have "a significantly higher chance of longer-term survival," Perry repeatedly declined to give a timeline for the cancer's progress.

He said the cancer is "incur-

able" and will eventually claim the singer's life.

Notable people who have died from this type of cancer include Beau Biden, the son of U.S. Vice-President Joe Biden, and former U.S. senator Ted Kennedy.

"There's no way to buy your way out of this," Perry said.

Downie is responding well to treatment, which included brain surgery, radiation therapy and oral chemotherapy, Perry said. The singer's day-to-day health is back to normal, so much so that his medical team saw no reason he shouldn't be able to tour with the band this summer as previously planned.

"He is doing very well," Perry said. When fans go to the show this summer, he said, "they will see a survivor continuing with his craft."

The Hip's manager Patrick Sambrook told the news conference that Downie wouldn't be going on tour unless he could "blow people's minds."

The band revealed the diagnosis on its website early Tuesday, along with the announcement of a tour this summer promoting their 14th studio album, *Man Machine Poem*, which will be released on June 14. Tickets for the tour will go on sale Wednesday. **TORSTAR NEWS SERVICE**



Tragically Hip lead singer Gord Downie has been diagnosed with terminal brain cancer. THE CANADIAN PRESS FILE



Prime Minister Justin Trudeau, speaks with Japanese Emperor Akihito as Sophie Gregoire Trudeau, speaks with Empress Michiko during a visit to the Imperial Palace in Tokyo on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS



Trudeau meets Honda Robot Asimo as he visits Honda Motor Co. headquarters. THE ASSOCIATED PRESS



The Trudeaus were greeted by an honour guard when they arrived on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

ANNIVERSARY

Trudeaus' day off fraught with criticism

When Prime Minister Justin Trudeau announced that he and his wife Sophie Grégoire-Trudeau would take Wednesday off to celebrate their wedding anniversary during a visit to Japan, critics immediately jumped on the micro-vacation as another example of Liberal entitlement.

"I'll see your hubbub about nannies and extra help and raise you an anniversary abroad. Bold," Andrew MacDougall, a former communications director for Stephen Harper, quipped

on Twitter.

Trudeau, whose office won't say how many staff he has in tow, defended the prime ministerial down time during the four-day Japan trip, calling it an example of "the kind of work-life balance that I've often talked about as being essential in order to be able to be in service of the country with all one's very best and that's certainly something I'm going to continue to make sure we do."

The couple were to spend the

night at a traditional Japanese inn before Trudeau heads to the G7 summit on Thursday in the country's Ise-Shima region. Trudeau said he'd personally pay for their anniversary night out.

The Trudeaus' 11th anniversary hiatus calls to mind a different age when prime ministerial down days were a regular occurrence.

Former prime minister Pierre Trudeau often took one or more of his boys with him when he travelled abroad in the 1970s

and early '80s.

Patrick Gossage, a former press secretary to Pierre Trudeau, recalls the prime minister disappearing for a three-day vacation after the 1978 Bonn summit.

Brian Mulroney, who followed the elder Trudeau in office, largely escaped the travel controversies of his predecessor, sticking to business while abroad even if the pre-Internet media pace was less punishing.

THE CANADIAN PRESS

THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 Justin Timberlake
Can't Stop The Feeling
- 5 The Chainsmokers ft. Daya
Don't Let Me Down
- 4 ScatReal
Can I Get A Witness
- 3 DANCE
Toothbrush
- 2 Nick Jonas ft. Tove Lo
Close
- 1 Jason Derulo
If It Ain't Love

101.3
BOUNCE



1013TheBOUNCE.com 1013Habounce

IN BRIEF

Crown agrees de Grood was suffering mental disorder

The Crown agrees a young man was suffering from a mental disorder when he stabbed five people to death at a Calgary house party two years ago. The two psychiatrists and psychologist who testified at Matthew de Grood's trial did thorough work and have vast experience dealing with such cases, prosecutor Neil Wiberg said. The judge is set to release his verdict Wednesday.

THE CANADIAN PRESS

RESEARCH

Military more likely to get help for suicidal thoughts: Study



Elisha Dacey
Metro | Winnipeg

A new study says Canadian military personnel have more suicidal thoughts and more suicide attempts than their civilian counterparts — but they're also more likely to seek help.

The research, published in the *Canadian Medical Association Journal* and co-authored by Dr. Jitender Sareen of the

University of Manitoba, shows that people in the Canadian Armed Forces (CAF) had a "32 per cent increased odds of thinking about suicide, and 64 per cent increased odds of planning suicide than the civilian group."

The researchers looked at four nationally representative surveys from 2002 and in 2012-2013 to come up with their data.

Men were more likely to continue to have suicidal thoughts than women after their deployments were over.

The surveys also showed, however, that CAF members were more likely to seek out help for their suicidal thoughts.

"This study supports the criticism that the Canadian public health care system is not universal but has significant inequities, inefficiencies and varying levels of service," said Sareen. "It also speaks to potential value of incremental investments in the public system, similar to those made in the CAF."

Blast downed plane: Expert

MEDITERRANEAN SEA

Body parts from EgyptAir flight show signs of burns

Body parts recovered from the crash of EgyptAir Flight 804 showed signs of burns and were so small that they suggested the jet was brought down by an explosion, a member of the team examining the remains said Tuesday. But the idea of a blast was promptly dismissed by the head of Egypt's forensic agency as "baseless" speculation.

The cause of the crash of the EgyptAir jet flying from Paris to Cairo that killed 66 people aboard still has not been determined. Ships and planes from Egypt, Greece, France, the U.S. and other nations are searching the Mediterranean Sea north of the Egyptian port of Alexandria for the jet's voice and flight data recorders, as well as more bodies and parts of the aircraft.

Egypt's civil aviation minister

has said he believes terrorism is a more likely explanation than equipment failure or some other catastrophic event. But no hard evidence has emerged on the cause, and no militant group has claimed to have downed the jet. Leaked flight data indicated a sensor detected smoke in a lavatory and a fault in two of the plane's cockpit windows.

An Egyptian forensic team was examining the remains of the victims for any traces of explosives, according to a team member and a second official, both speaking on condition of anonymity because they were not authorized to talk to reporters.

The team member said the fact that all 80 body parts recovered so far were very small and that some showed signs of burns suggested an explosion.

But Hisham Abdel-Hamid, head of the Egyptian government's forensic agency, dismissed the suggestion, telling the state-run MENA news agency: "Whatever has been published is baseless and mere assumptions." THE ASSOCIATED PRESS



A model in a dress made of flowers at the Chelsea Flower Show. GETTY IMAGES



Queen Elizabeth II stands beside a floral exhibit during a visit to the show on Monday. AFP/GETTY IMAGES

CHELSEA, UK

Visitors flock to flower show

The Chelsea Flower Show, London's legendary celebration of gardening, gets under way today, continuing a tradition that started in 1913, interrupted only by wartime.

The show, organized by the Royal Horticultural Society, is not the biggest in Britain. The Hampton Court Palace Flower Show is bigger, but Chelsea is still the most prestigious.

The weather is forecast to be cloudy this year, with the odd rain shower. But sometimes, the vagaries of the English climate really does get in the way. In 1932 the rain at the show was so severe that a summer house display fell to pieces. Another wet year an exhibitor named it "The Chelsea Shower Flow."

Whatever the weather, you

can be pretty sure there will be 157,000 visitors, which is a limit imposed since 1988 by the capacity of the site at the Royal Hospital, Chelsea.

One feature of this year's show doesn't have any actual roots, and doesn't need watering. Almost 300,000 hand-made poppies to honour the armed forces will be on display.

TORSTAR NEWS SERVICE

IN BRIEF

Bill Cosby to stand trial

On Tuesday, a judge ordered 78-year-old Bill Cosby to stand trial on sexual assault charges on the strength of Constand's decade-old police statement.

Cosby could get 10 years in prison if convicted in the case, the only criminal charges brought against the comedian out of the barrage of allegations that he drugged and molested dozens of women over five decades.

THE ASSOCIATED PRESS

Idomeni camp closed

It grew to the size of a small town, becoming a symbol of Europe's closed border policy for migrants and refugees. On Tuesday, Greek authorities began to dismantle it.

Police moved more than 2,000 people out of Idomeni, the makeshift camp on the Macedonian border, and sent in bulldozers to begin erasing the tent city, dashing the dreams of thousands who hoped to eventually reach Europe.

THE ASSOCIATED PRESS



2017s HAVE ARRIVED.

THE ALL-NEW 2017
ELANTRA GL AUTO

LEASE FOR ONLY \$110 BIWEEKLY

THAT'S LIKE PAYING
\$55
WEEKLY
AT
1.5%
FOR 60 MONTHS*

SUPERSTRUCTURE™
7" TOUCH-SCREEN DISPLAY
WITH ANDROID AUTO™
STANDARD HEATED FRONT SEATS
REARVIEW CAMERA
BLIND SPOT DETECTION
WITH REAR CROSS-TRAFFIC ALERT



Ultimate model shown*

2.0T Ultimate model shown*

THE 2017
SANTAFE
Sport 2.4L FWD

LEASE FOR ONLY \$173 BIWEEKLY

THAT'S LIKE PAYING
\$87
WEEKLY
AT
2.99%
FOR 60 MONTHS*

HEATED FRONT SEATS
5" TOUCH-SCREEN DISPLAY
WITH ANDROID AUTO™
17" ALUMINUM ALLOY WHEELS
REARVIEW CAMERA
BLUETOOTH® HANDS-FREE
PHONE SYSTEM

H-Factor

THIS IS HOW WE DO IT.

visit HyundaiCanada.com

5-year/100,000 km Comprehensive Limited Warranty††

5-year/100,000 km Powertrain Warranty

**5 YEAR
WARRANTY**

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance



©2016 The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. *Leasing offers available O.A.C. from Hyundai Financial Services based on all new 2017 Elantra GL Auto/2017 Santa Fe Sport 2.4L FWD with an annual lease rate of 1.5%/2.99%. Biweekly lease payment of \$110/\$173 for a 60-month walk-away lease. Down payment of \$0 and first monthly payment required. Total lease obligation is \$15,340/\$22,490. Lease offers include Delivery and Destination charges of \$1,695/\$1,895. Any registration, insurance, PPSA, fees, levies, charges, licence fees and all applicable taxes are excluded. ††Prices of models shown: 2017 Elantra Ultimate/2017 Santa Fe Sport 2.0T Ultimate are \$30,494/\$46,494. Prices include Delivery and Destination charges of \$1,695/\$1,895. Any registration, insurance, PPSA, fees, levies, charges, licence fees and all applicable taxes are excluded. †††Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited. Visit www.hyundaicanada.com or see dealer for complete details. †††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.



Twitter pushes past its limit

Photos, links and usernames will no longer count as part of the 140-character limit when the new changes are made. TORSTAR NEWS SERVICE

Confirming reports that surfaced last week, Twitter announced Tuesday will be making a series of changes that allow tweets to be longer than 140 characters and are aimed at improving communication over the microblogging service.

Released in a blog post, the company announced four changes that mean items previously counted as part of characters in messages on the service now will not, including photos, links and usernames.

The changes will be rolled out in the next few months.

Most of the changes were welcomed by users online, although since this was Twitter, there was obviously some grumbling.

The main complaints stemmed from what took the company so long, and also that

despite numerous pleas from many users, the company still has not done enough to limit harassment, particularly of female users on the platform.

Twitter is in a difficult position, as growth of the service has stalled at around 300 million users, and many new users have problems understanding the service or gaining a meaningful follower count. It is still the most real time of social networks, and definitely remains beloved by its power user base.

At least these changes will actually be coming. Ever since founder Jack Dorsey returned as CEO in June 2015, the company has made noises about changes, often to back off.

There was a talk of unlimited (or 10,000 character) tweets that was quickly kiboshed. As

well, the company introduced a "While you were Away" feature before it launched caused many of its users to panic and worry about changes.

The bigger issues with Twitter, at least if it wants to compete with the social networks like Facebook, Instagram and the many messaging apps that have user bases that dwarf it, is the company has to find a way to get user growth back up.

As well, analysts have criticized the company about how it has yet to create a self-service ad platform, which has worked well for Facebook.

It's unlikely these changes will make Twitter more welcoming to new users, but at the least, its dedicated fans seem to be looking forward to less editing to get their point across.

The four changes:

1 WHO'S THAT TWEET FOR: When responding to a tweet, and @ name will no longer count as characters in a 140-character tweet. But up to 50 people (!) can be included in a conversation.

2 LINK TO YOUR HEART'S DELIGHT: Photo, GIFs, videos, polls, links and quote tweets won't count.

3 GOT MORE TO SAY: You can now Retweet and Quote Tweet your own tweets, which was previously available on some third party clients.

4 THE "I" IS GOING: The period before a Tweet used to make followers see that tweet is being removed, and now a username at the beginning of a Tweet will go to all your followers.

ROAD SAFETY

Calgary community deploying pace cars

Brodie Thomas
Metro | Calgary

If you're the type of cautious driver who always goes the posted speed limit, a community association in Calgary would like to invite you over.

Rocky Ridge Royal Oak Community Association is about to roll out a community pace car program with an aim to keep traffic moving at the speed limit.

Ali Oonwala, vice president of the association, said many residents have already registered for the program, and mailouts have gone to every residence in the community.

The pace car program has been used successfully in communities across Canada. Drivers pledge to drive cautiously and at the posted speed limit — or to conditions — all the time. They also have bumper and rear-window stickers to let lead-footed drivers know why they're driving in such a reasonable way.

"We've got all our own stickers made up specific to the

community," said Oonwala.

The program is a local pilot, but Coun. Ward Sutherland said if it's successful, the stickers can easily be customized to any community in the city.

"There's been lots of interest in the program in general, but we wanted to run it in one community first," said Sutherland. "Lots of people are already interested because it's about people taking action instead of just criticizing and wanting enforcement."

He said part of the program is just about raising awareness, so people will understand what the stickers mean.



This sticker alerts drivers that the car ahead of them will be driving speed limit. CONTRIBUTED

3 MINUTES TO DISCOVER IF A **HEAT PUMP** IS RIGHT FOR YOUR HOME

There is a lot of buzz
about **Heat Pumps**
in HRM, but is a
heat pump a good idea
for your home?

Will you save money?
How much will one cost?

**TAKE 3 MINUTES
RIGHT NOW TO FIND OUT.**

Visit www.HeatPumpForMe.ca
to discover:

- ✓ If you will save money by installing a heat pump.
- ✓ How much it will cost you to install a heat pump.
- ✓ How to choose a reliable brand with a good warranty

Visit HeatPumpForMe.ca TODAY!

SUNSHINE
RENEWABLE ENERGY



Health, Mind & Body SPECIAL FEATURE



SPONSORED CONTENT

HEALTH, MIND AND BODY

Get moving outside for a boost

Summer is the perfect time to step out of the gym and into the great outdoors for a natural boost of energy and happiness.

Whether trail running, practicing yoga in the park or building brawn at boot camp, there's plenty to be gained by hitting the refresh button on your fitness routine and getting outside.

Daniela Nahas, co-founder of the Best Body Boot Camp, says that throughout her seven years operating the business she has seen every type of client, from extremely fit to highly sedentary.

"And they've all been able to cope with an outdoor workout," she enthuses.



ISTOCK

"Nothing beats getting a good sweat in a park where you are surrounded by nature and feeling the sun on your skin. It's an amazing way to set your day on the right track or de-stress from it."

A new fitness backdrop can take some getting used to, but you'll be happy you did, as the health benefits are good for the body and the mind.

"Research also shows that those who are

active outdoors are more likely to stick with it and have decreased stress and anxiety," says Alana LeBlanc, knowledge manager at ParticipAction.

"Being outdoors can also help increase your creativity." Vitamin D from the sun also helps strengthen the immune system and improve one's mood. Even a light walk has been shown

to improve self-esteem, decrease tension and frustration, while increasing energy, calm and revitalization. For those hesitant to switch exercise gears, consider the reasons behind it. Perhaps it's the preparation involved, unpredictable weather, or the fear of stepping out of a comfort zone. Whatever is stopping you, it's worth trying to override, insists LeBlanc.

"The thing that makes people the most reluctant seems to be issues with the weather," she says.

"As long as you're prepared, a run outside on a fair weather day can be more fun than a bright sunny day. Fewer people, more freedom — you just have to give it a go and then you'll realize that weather is not, or should not, be a limiting factor in getting active. And if you're skeptical, just remember puddle jumping as a kid."

Equipped with built-in challenges — from hills, various gradients, concrete, grass, sand and even mud — the mix of terrain helps push the body in new ways and stave off boredom.

"There is no comparison between running indoors on a treadmill and running on the earth," says Nahas.

WHY BUYING EYEGLASSES ONLINE CAN BE RISKY

Since The Canadian Optical Warehouse established itself in Halifax, many have discussed in store and on social media their mixed experiences of purchasing online. Common positive reports include good vision, a fashionable look at a great low price.

Others cite poor vision, poor fit, and misaligned frames that can be too big or too small. Regardless, the ultimate question is how can anybody be certain that what they purchased online meets any kind of standard or even meets the criteria of the prescription. Who online is there to safeguard the consumer?

Whether at The Canadian Optical Warehouse or other local eyeglass retailers, national and provincial standards are in place explicitly to protect consumers. Online purchasing of eyeglasses can bypass these regulations.

By law, all optical stores in Nova Scotia must have licensed dispensers like opticians who have undergone extensive training to ensure that the lenses are accurate to prescribed standards. If ever a dispenser is found to be negligent in their duties to protect the public, their licensing bodies can revoke or suspend their licenses.



CONTRIBUTED

The Canadian Optical Warehouse in Halifax has two opticians on staff to ensure that every customer obtains what they ordered.

The goal of The Canadian Optical Warehouse is to provide online prices but with the professional services of a licensed optician.



See
Better
Look
Better

Complete
Pair of
Single Vision
Eyeglasses
starting at only
\$59.90

Complete
Pair of Digital
Progressive
Eyeglasses
starting at only
\$159.90

We Offer the Best in
Fashion & Technology

THE CANADIAN
OPTICAL
WAREHOUSE

Bring your prescription
and start saving today!

Online Prices with Professional Services

103 Chain Lake Drive, Halifax

902-444-1082 | opticalwarehouse.ca



Health, Mind & Body SPECIAL FEATURE



Do you have Type 1 diabetes and have trouble controlling your blood sugar levels?

Dr. Churn Yip, Endocrinologist, is conducting a study with an investigational diabetes pill and its effect on blood sugar control

You may qualify if:

- You have had Type 1 Diabetes for at least one year
- You are at least 18 years of age

If you are interested in hearing more about this important research, please contact:

Laura Magennis, Research Coordinator for Dr. Churn Yip • 902-473-3299



SPONSORED CONTENT

HEALTH, MIND AND BODY

Finding better treatment options for Type 1 diabetes

While about seven per cent of Canadians have diabetes, the rate is much higher in Nova Scotia and sits at about 10 per cent.

"That's about 77,000 people in Nova Scotia," says Dr. Churn Yip, an endocrinologist and the primary investigator of a diabetes study being conducted by Nova Scotia Health Authority (NSHA).

The research study is looking specifically at people with Type 1 diabetes and what impact using a medication normally reserved for treating people with Type 2 diabetes will have on Type 1 diabetes.

Type 1 diabetes occurs when the pancreas doesn't produce insulin, which helps control blood-sugar levels. It's more common in people under the age of 40, says Yip.

The study is looking for participants and involves a 12-month commitment, as well as regular check-ups with the research team. Participants must be at least 18 years of age.

People interested in signing up for the study should contact Laura Magennis, NSHA's research coordinator. She can be reached by phone at (902) 473-3299.



CONTRIBUTED

Yip says the incidence of Type 1 diabetes is rising throughout the world.

"It's important we try to figure out new treatment options, in addition to continuing the research that's being done by other experts on how to actually cure Type 1 diabetes, but until we get that cure, it's very important to figure out how we can improve the treatment of it," he says.



SPONSORED CONTENT

HEALTH, MIND AND BODY

Springing into summer through gardening

Spring is an incredibly hopeful time of year. As the days grow longer and the weather becomes warmer, we all feel the promise of summer and the need to get out into the fresh air after a long, cold Canadian winter.

At The Berkeley, offering social activities that align with the season seems only natural and with spring well underway, planning the gardens with residents is top of mind.

Gloria Haskett, sales director for The Berkeley and avid gardener, takes an enthusiastic group on an annual plant buying trip to the Annapolis Valley. Next, they prepare the raised beds, planting both flowers and vegetables in the outdoor garden.

"I love their enthusiasm," says Haskett, "and our gardens bring such joy to all residents as the flowers burst into bloom."

Gardening is such a therapeutic and satisfying hobby. For resident Florence Margeson, a lifelong and accomplished gardener, it was crucial that she could continue gardening at The Berkeley.

"The first thing I asked to see when I toured The Berkeley was the garden," Margeson says.

Planning and forethought is also a very important part of any gardening project. Margeson starts gardening in the winter, growing her plants from seed in her apartment.

"I usually start planting geranium seeds in late December. I grow about 35 plants which end up in The Berkeley's raised beds once the weather is warm enough," she says.

Margeson loves the fact that The Berkeley has raised flower beds, making gardening easier and more accessible now that she is in her 90s.

Another annual activity tailored for the season is The Berkeley's butterfly project. Residents and staff thoroughly enjoy watching the various stages of the lifecycle followed by a ceremonial release of butterflies. Past butterfly projects have proven to be a fascinating, educational project, bringing the lobbies of each of The Berkeley buildings to life as classrooms.

This June, butterflies will once again be set free so they can find outdoor homes.

With any luck, some will choose to stay in The Berkeley's gardens.



CONTRIBUTED



CONTRIBUTED

Celebrating the Cobequid Health Centre

The Cobequid Community Health Centre Emergency Department was designed to treat 20,000 patients annually.

"Last year, we served 40,000 patients," said Stacey Chapman, the executive director of the Cobequid Health Centre Foundation, an organization devoted to fundraising for priority medical equipment. The equipment funded helps grow and enhance the services provided.

Located in Lower Sackville, the health centre serves Bedford, Sackville and surrounding areas, which are experiencing tremendous population growth. Because it tends to have

shorter wait times than other emergency departments, people are often willing to make a longer drive to get there.

This month marks Cobequid Month 2016, a celebration of what the health centre means to the community and this is the first year it's happening.

The money raised during May will go toward funding enhancements in the emergency department, namely expanding the triage area, increasing infection-control measures and ensuring the right equipment is in place to meet its growing needs.

"Every donation people make stays right here in our community," said Chapman.

Donations can be made by calling 902-869-6111 or online at cobequidfoundation.ca.

The Emergency Department is open each day from 7 a.m. to midnight and serves about 100 patients a day, making it the third busiest emergency department in the province. This is especially notable given it's not open 24 hours a day like many other emergency departments.

Since 2006, the foundation has raised \$1.4 million for the Cobequid Centre.

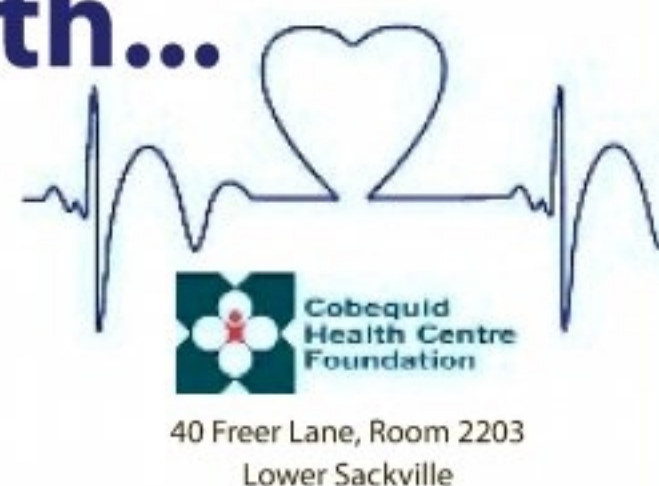


May is Cobequid Month...

Taking care of those closest to you!

Donate today to help our Emergency Department

The Cobequid Emergency Department was built to serve 20,000 patients annually – now serving over 40,000 per year. We need your help to invest in our Emergency Department to **expand triage, increase infection control** and ensure we have the **equipment needed**.



40 Freer Lane, Room 2203
Lower Sackville

Donate online: cobequidfoundation.ca or call 902-869-6111



Treat Yourself Right

Enjoying life is what it's all about at The Berkeley.

Living at The Berkeley allows you to enjoy the simple pleasures of life. Have a lively conversation, stay active, and treat yourself to good times with great friends and no worries. At The Berkeley, there's always something to do, or just enjoy a restful retreat while you plan your next outing. It's up to you. When you're at The Berkeley, you're at home.

For more information, check out our recreation calendars at theberkeley.com.



Halifax | Dartmouth | Bedford | Gladstone

f /TheBerkeleyNS www.theberkeley.com



Health, Mind & Body SPECIAL FEATURE



Rediscover Your Eyebrows With
MICROBLADING
Semi-Permanent Makeup

SAVE \$150 | With a Certified Esthetician

*Only \$450 until June 30th. Regular \$600.

uptown
SALON AND SPA

5521 Young Street, Halifax • 902-454-6996
info@uptownchic.ca • uptownchic.ca



SPONSORED CONTENT

HEALTH, MIND AND BODY

MICROBLADING: THE LATEST BROW BEAUTY TREND

Eyebrow grooming in 2016 includes pencilling them in, tinting them and even tattooing them. But just like permanent lip liner, inking your face isn't always the most natural-looking option.

"Because permanent makeup machines vibrate, the strokes are going to be blurrier," said Jenny Zinck, the owner of Uptown Salon and Spa.

That's why she's a fan of microblading, a super precise microblading technique. Also known as eyebrow embroidery, it's a semi-permanent makeup procedure that allows you to dramatically correct or fully reconstruct lost eyebrows, lasting anywhere from 12 to 36 months. Eyebrow microblading is performed by manually depositing pigment in the basal layer of the epidermis by a special pen, which isn't a machine. Unlike permanent makeup brow treatments, microblading techniques involve drawing individual, crisp hair strokes that are more natural looking than tattooing, brow pencils or powders.

Zinck and her staff use a manual pen-like tool with tiny needles at the tip three times thinner than the needles used for tattooing. After treating skin with numbing cream, the end of the microblading pen is dipped into a cosmetic-



CONTRIBUTED

grade eyebrow dye and then individual hairs are tattooed onto the skin. The procedure is almost painless. Zinck recommends clients come back four weeks later to fill any gaps and add a second colour for dimension. The results are realistic, subtly-defined hair strokes — not a blended, filled look. The procedure takes two hours (plus a follow-up appointment), heals fully after about one week and costs \$600 for the first two visits, says Zinck.



CONTRIBUTED

Putting the fun back into fitness

At the Tara MacDonald Fit Club, the focus is on providing an environment that allows its members to meet and exceed their fitness goals through coaching, personal training and compassion for clients.

"We're about creating positive results for clients," says MacDonald.

The club has two full-time personal trainers and is located at 380 Pleasant Street in Woodside. It works with a variety of clients, including 20-somethings, mature adults and plus-sized individuals.

MacDonald says the team challenges its members and trains them for results without injuries.

The studio is sponsored by Soles in Motion, an athletic footwear store in Burnside, and GroPro.ca, a local grocery and vendor delivery service. Having this network of companies on board is vital for a client's success because proper footwear and access to healthy food play an important role in improving one's health.

With GroPro, because it's an online food

delivery service, this helps keep people out of the tempting sections of a grocery store, such as the snack food aisle, says MacDonald.

The club is heavily invested in the local community and recently made donations to private charities to help support Syrian refugees here and a Nova Scotia family trying to get back home from the Fort McMurray wildfire.

The club is a gold sponsor of the Sole Sisters Women's Race Series for 2016 and will be walking in the June 11 5K with Nordic poles.

Tara MacDonald
Fit Club

Check out our website for our drop-in workshops!
www.taramacdonaldfitclub.com

Studio Sponsors: Soles in Motion and GroPro.ca

What is health coaching combined with our fitness offering?

- Discover the **WHY** behind your challenges.
- Learn how to **CONNECT** with yourself on eating habits.
- Give yourself the possibility of **YES** in achieving your fitness goals.
- Learn how personal training is the best method to **LOSE BODY FAT**.

We offer Membership Promotions Every 8-12 weeks!

Become a member and receive the best results that you can have.

Join us for: NIA Technique, Walk Leader "Live", Nordic Pole Walking and Bootie Camp Yoga fitness classes.

902-407-7502 ♦ 380 Pleasant St, Unit 8, Dartmouth

ROSEMARY WESTWOOD ON HOW NOT TO BE NICE

Unburdened by the need to please and be pleasant, some brave women are saying and doing what they want, letting other, more wary women live vicariously through them.

Niceness, our national pastime, has special significance for women. It is not only a constant expectation, it is considered innate. It is inextricable from girliness and womanliness, part of their very definition. And despite feminism's long work to undermine this trope, niceness has gone nowhere.

Which is why, just last October, researchers at Arizona State University found that anger only looks good on a man.

In the study, anger made men more convincing, but "when women expressed identical arguments and anger, they were perceived as more emotional," thus undermining their message, noted co-author and psychologist Jessica Salerno.

In other words: Since anger is not nice, an angry woman is doing something wrong, and therefore she's not credible. Or, probably, likable.

This is also why powerful women are routinely derided with antonyms of nice.

The writer Lindy West, for example, has been called many traditionally unsavoury things, and one of them led to the title of her new book. *Shrill: Notes From a Loud Woman* chronicles West's ascension to feminist-commentary fame. "My husband came up with it," she told one interviewer, of the title. "I don't totally remember (why). I'm sure some Internet troll called me shrill."

In snatching a label often used to undermine women's views, West has spun slag into self-praise.

Because she chose to name the book after a supposed insult, it is both a rebranding of the word and a branding of West herself. The message to readers is clear: Lindy West gets called bad names, and not only does she not care — she's

ine line. Pinned to the top of her Twitter profile is this caution: "If you're a 35 to 45 y/o white man whose deepest fear is being laughed at by women let's just go ahead and assume we are natural enemies."

When her book comes



WHAT DID YOU CALL ME? The title of Lindy West's new book, *Shrill*, is a wink to women who have been put down for failing to be nice. **JENNY JIMINEZ/TORSTAR NEWS SERVICE**

going to profit from it. It's a wink to women everywhere who have been put down for failing to show unfailing niceness, and a warning to those who don't like a brazenly opinionated woman.

In snatching a label so often used to undermine women's views by deriding their tone, West has spun slag into self-praise.

It's a similar tactic to Jen Agg's. The Toronto restaurateur has a forthcoming book titled *I Hear She's a Real Bitch*. Agg, like West, is a caps-lock Twitter personality ("Snicker, mutter about what a crazy bitch I am GO AHEAD I don't give a F-K," reads one tweet), unwilling to capitulate to critics, and uninterested in dutifully toeing a submissive femin-

ine line. Pinned to the top of her Twitter profile is this caution: "If you're a 35 to 45 y/o white man whose deepest fear is being laughed at by women let's just go ahead and assume we are natural enemies."

When her book comes out, she'll be selling the idea of "bitch" as something good — a tactic that by now has a long history. Unlike the word "shrill," Agg's chosen insult-as-talisman has gone through dozens of meanings and connotations over nearly a century. The bad meanings have included whore and mean. The good: powerful, assertive and, even, feminist (as in, *Bitch Magazine*). A historical overview in *Vice* wondered whether bitch has retained any one overall meaning as a result of all this flux. From personal experience, I can confirm it remains, widely, a slur.

derogatory terms, like "abrasive" and "aggressive," and the worn-out critiques of powerful women, like Hillary Clinton, as yelling too much.

For as long as this niceness expectation remains the status-quo, it will give women like West and Agg their special spice. Unburdened by the need to please and be pleasant, they say and do what they want, letting other, more wary women live vicariously through them.

That, I can tell you, is an immensely freeing experience, similar, if on a lesser scale, to the almost spiritual catharsis I have every time I watch *Don't Hurt Yourself*, Beyoncé's most vicious song in the cultural beast that is her visual album, *Lemonade*. The video is the most dangerous vision of Queen Bey we've ever seen. Menacing, dismissive, physically aggressive — she vibrates with the kind of anger that flares nostrils. "I am the dragon breathing fire," she sings, and "Who the f-k do you think I am?" and in a crescendo: "Tonight I'm f-king up all your s-t boy!"

The anger is so acute, so righteous. It feels so good precisely because it is transgressive.

One explanation for that, and for niceness's staying power, is that niceness is useful. It serves the patriarchy extremely well, since nice women don't cause fusses.

But, by the same token, they may have a harder time landing a book deal. What many women want right now is help on how to NOT be nice. How not to be cowed. We want our anger taken seriously, and our opinions, and our skills.

Book marketers seem happy to oblige.



Tim Harper

Assisted-dying mess is inevitable product of feckless parliament

This country's highest court gave Parliamentarians 16 months to craft legislation on assisted dying. That apparently wasn't enough.

Missing the June 6 deadline will not plunge this nation into some type of chaotic constitutional abyss, but the past 16 months leading to that deadline have taught us a lot about our political system.

When the court released its decision Feb. 6, 2015, the justice minister of the day, Peter MacKay, set the tone with a promise to look at the decision "carefully, thoughtfully."

MacKay was engaging in poli-speak for inaction.

It fell to Liberal Leader Justin Trudeau, then at the helm of the third party, to call for an all-party committee to begin work on the issue. Trudeau, prophetically, said a year did not seem adequate to write legislation when Quebec took more than four years.

The Stephen Harper Conservatives, with an eye to that autumn's election, believed national debate held no upside and did essentially nothing for five months before MacKay appointed a three-member panel, which dissolved when the election was called.

The Liberals inherited the file and a deadline of barely 90 days. It asked the court for a six-month extension but was given four months.

The work of a joint Commons-Senate committee was done in warp speed, its work was largely ignored and the Liberal push to meet the dead-

line meant a parliamentary committee unwilling to accept substantial amendments. A bill which comes down the middle on the question, without fully responding to the court decision, led to parliamentary skirmishes over time limits on debate, opposition obstruction, a physical skirmish in the House and a deadline drifting away.

But this saga goes back to January 2014 when Trudeau expelled all Liberal senators from the party caucus and declared them independent, a first step in changing the rules of the Upper Chamber.

The Senate is a more independent place under a process started by Trudeau, but also more unpredictable. The days of a majority government handing over its legislation for a rubber stamp by a majority in the Senate are over.

This Senate has already sent a report back to the Commons, saying the Liberal bill should be amended to allow advance directives from those who wish assistance in dying and are still able to let their wishes be known.

When the bill comes back to the Senate, independent Liberal James Cowan will push for an amendment broadening restrictions on eligibility.

We shouldn't be here after 16 months. Canadians deserve better.

Don't blame the courts. Blame our representatives who acted like lazy students kicking the homework down the road under the Conservatives, then crammed during an all-nighter under the Liberals.

Tim Harper is a national affairs columnist for the Toronto Star.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shrout

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

TRUTH SPRINGS FROM ARGUMENT AMONGST FRIENDS.

DAVID HUME

Philosopher cat now at
www.mymetrostore.ca



ALLY OLIVER:
PLUS-SIZED
CHALLENGER
FEMME

Kyle Lowry's slam dunk meal

"On game day, we'll do egg whites and gluten-free pancakes — just to get the carbs in there — turkey sausage, avocado, fruit. We'll do a big breakfast, so I can burn the calories all day. Once game time comes, I'm already fuelled and ready to go." That's what the Raptors' Kyle Lowry told us a while back, when we asked what he eats for breakfast. Ahead of Game 5 of the Eastern Conference Finals, we're uncovering the secrets of this breakfast of a champion. **TORSTAR NEWS SERVICE**

AVOCADO

The avocados provide a healthy monounsaturated fat and help ensure Lowry gets enough calories before the game — an athlete at his level should be consuming a breakfast that contains between 750 and 1,000 calories. (Lucky him.)

FRUIT

Plenty of carbohydrates are needed for fuel before the big game. Fruit is a better choice than vegetables for this situation — more carbs and less fibre.

TURKEY SAUSAGE AND EGG WHITES

These are great lean protein alternatives (compared to beef or pork sausages and whole eggs), which will keep the muscles and gastrointestinal (GI) tract happy. When muscles work intensely, there's competition between working muscles and the GI tract. The top priority for the body is to digest food, which will limit the blood supply to muscles, resulting in quicker fatigue. Fat takes three to five hours to digest, so Lowry doesn't want an excess of it before the big game.

GLUTEN-FREE PANCAKES

Typically gluten-free flours (rice flour, tapioca flour and potato starch) are low in fibre and are absorbed rapidly. That beats a high-fibre carbohydrate, which increases digestion time, delaying the speed at which glycogen reaches the muscles. Also, grains that contain gluten (wheat, barley and rye) contain carbohydrates that are poorly absorbed and can cause gastrointestinal disturbances in some people — not a distraction you want when you're squaring off against LeBron James.



The British Rarebit toast may just look like cheese on toast, but with a splash of ale or lager, it becomes quite the hair of the dog. **TORSTAR**

RECIPE

The toast you need after a long drunk night

A new cookbook from England offers the kitchen antidote to a hangover: Bristol-based Dan Vaux-Nobes' 101 Hangover Recipes (Dog 'n' Bone: \$29.95).

The science is scant in most of Vaux-Nobes' recipes, which range from the healthy to the greasy: like the British Rarebit toast, sometimes called a Welsh rarebit.

"I'm a firm believer that the healthier the breakfast, the greater the restorative effect," Vaux-Nobes writes.

The rarebit looks like it is

just cheese on toast, but with a splash of ale or lager beer in the topping, Vaux-Nobes applies the "hair of the dog" hangover cure — have another drink and feel restored.

British Rarebit Toast Makes 2-4 servings

Ingredients

- 1-1/2 tbsp (17 mL) butter
- 4 green onions or 1 onion, sliced
- 1 cup (250 mL) grated cheddar or gruyere cheese
- 1/3 cup (75 mL) ale or lager

- 1 tsp (5 mL) mustard
- Pinch salt
- 2 lightly beaten eggs
- 4 slices whole wheat bread
- Freshly ground black pepper

Directions:

1. Melt butter in a heavy-based saucepan, add onions. Cook until softened. Add cheese, ale, mustard and salt. Stir over low heat until cheese has melted.

2. Add beaten eggs and stir until mixture has thickened slightly, about 2-3 minutes.

Don't overcook or you will end up with scrambled eggs.

3. Meanwhile, toast bread on both sides, put on a baking sheet and spoon cheese mixture onto toast.

4. Set oven broiler on high and put pan on top rack. Keeping an eye on the oven, broil until puffed and gold-flecked, about 5 to 7 minutes.

5. Serve with lots of black pepper.

TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Spreads

Peanut butter and Nutella are beloved breakfast and snack favourites, but one is definitely a healthier option.

PICK THIS

Kraft All Natural Crunchy Peanut Butter (2 Tbsp)

Calories 180
Fat 14g
Sugar 2g
Saturated Fat 2g



SKIP THIS

Nutella Hazelnut Spread (2 Tbsp)

Calories 200
Fat 12g
Sugar 20g
Saturated Fat 4g



HERE'S WHY



Equivalent to more than five Oreo cookies in sugar

Kids and adults alike love peanut butter and Nutella. From sandwiches, dipping fruit or straight out of the jar, these spreads are a daily snack or breakfast item for many. While both fare similarly when it comes to fat and calories, Nutella has twice the saturated fat, partly due to containing palm oil, and has 10 times the sugar! That equals about 5 tsp of the sweet stuff on a 2 tablespoon serving — too sweet for an everyday snack!

RECIPE

Little potatoes equal a fiesta for one

Papas criolla hold the key to a midweek one-person fiesta. They're perfectly round potatoes slightly smaller than a golf ball that are commonly found in Latin cooking.

Cheesy potato and bean bowl
Makes 1 serving

Ingredients:

- 1/4 cup (60 mL) minced onion
- 1 tbsp (15 mL) plus 1 tsp (5 mL) canola or vegetable oil
- 1 cup (250 mL) refried pinto beans
- Salt and pepper, to taste
- 1 finely minced garlic clove
- 2 cups (500 mL) kale, stems removed and finely chopped
- 10-12 frozen papas criolla or 3-4 small, chopped Yukon gold potatoes, rinsed and skin-on
- 1/2 avocado, peeled, pitted and cut into bite-sized chunks
- 2 oz (60 g) thinly sliced Oaxaca cheese or mozzarella
- Hot sauce, to taste

Directions:

1. In a medium skillet over medium-high heat, sauté onion in 1 tbsp (15 mL) oil. Add beans and cook until mixture softens and reaches a paste-like consistency,



Cheesy potato and bean bowl. TORSTAR

5 to 6 minutes. Add salt and pepper to taste. Transfer to small oven/microwave-safe bowl.

2. In the same skillet over medium-high heat, sauté garlic in 1 tsp (5 mL) oil until fragrant. Add kale and potatoes. Sauté until potatoes are hot and crispy and kale has wilted and become tender, about 7 to 8 minutes. Add salt and pepper to taste. Layer kale and potatoes on top of bean mixture in bowl.

3. Top bowl with avocado chunks. Place cheese on top. Melt cheese in microwave or broiler until bubbly. Top with hot sauce and serve immediately.

TORSTAR NEWS SERVICE

FOOD BRIEFS

Boozy root beer a summer treat

In the world of ready-to-drink (the liquids formally known as coolers), trends can be as short as a Canadian summer. With a customer base void of loyalty, and always looking to swallow the latest flavour, few are lucky enough to see a second season on the shelf.

Knowing the sales life of their output can be fleeting, producers have gone in some dubious directions to stay current. That's what makes this year's trend towards booze-infused root beer appealing. Both retro and hipster certified, root beer is a classic warm weather comfort beverage.

Dusty Boots Hard Root Beer (6x355mL, \$14.95-\$16.99), made by Iconic Brewing in Oakville, Ontario, looks and tastes like, well, the real thing. With its hefty 5.9 per cent alcohol level artistically disguised in a blend of hops and spice, it's got staying power with seasonal sipping written all over the label. PETER ROCKWELL/METRO



Wonderlist.ca
Spring Fling
CONTEST
ENTER NOW
wonderlist.ca/springfling
FOR YOUR CHANCE TO WIN
1 OF 16 GREAT PRIZES!

- **wicker emporium:**
1 x \$100.00 gift card
- **Fisherman's Market:**
1 x \$100.00 gift card
- **O'Regan's Dartmouth Hyundai:**
1 XL black Stormtech jacket, 1 XL Nike Polo golf shirt, 1 Adjustable O'Regans Ball Hat. ARV:\$150.00
- **Atlantica Hotels:**
1 x \$100.00 gift card
- **Atlantic Fabrics:**
1 x \$100.00 gift card
- **Clearwater Lobster:**
1 x \$100.00 gift card
- **Bowlerama:**
1 x \$100.00 gift card
- **Atlantic Photo Supply:**
1 x \$100.00 gift card
- **Strada Health:**
1 x \$100.00 gift card to be used towards chiropractic, personal training, massage therapy, or physiotherapy
- **Royal Nova Scotia Tattoo:**
A family pack of tickets to the Royal Nova Scotia International Tattoo
ARV: \$180.00
- **Lake City Wood Workers:**
1 x \$100 gift certificate
- **FYI Doctors:**
Women's RayBan Sunglasses, Case, cleaner, cloths, lens wipes, and coupon for 25% off prescription lenses.
ARV: \$400.00
- **The Canadian Optical Warehouse:**
1 x \$100 gift certificate
- **Uptown Salon and Spa:**
1 x \$100 gift certificate
- **Charm Diamond Centres:**
1 x \$100 gift certificate
- **Halifax Bike Week:**
2 x Basic bike tune ups from MEC.
ARV: \$130.00

THANK YOU TO OUR FANTASTIC PRIZE SUPPLIERS:



No purchase necessary. Skill testing question required. Contest open to residents of the province of Nova Scotia 18 years of age or older. Sixteen (16) prizes are available to be won. Odds of winning depend on the number of eligible entries received in the applicable entry period. Contest Period opens at 12:01 am ET on May 2, 2016 and closes at 11:59 pm ET on May 31, 2016. For instructions to enter and complete contest rules, visit www.wonderlist.ca/springfling



Modern crossover hits mark



REVIEW

Refreshed 2017 Escape has great tech

The Canadian Rockies may not be the most obvious pick for a non-skiing vacation, but once you get a chance to drive through it, the beauty of the snow-capped mountains, fresh piney smell, and close-up glimpses of wild animals outside your window make you wonder why more people don't come.

In the same way, the Ford Escape may not be the most obvious choice for a compact crossover. Like an all-inclusive beach resort, most people will gravitate towards a Honda CR-V or a Toyota RAV4, but once you drive the new 2017 Ford Escape, you come to appreciate that it has a lot to offer.

The Ford Escape has always been a top seller in the compact crossover segment, and it's the second best-selling Ford model after the F-150. It was starting to feel dated, but the refreshed 2017 version with great technology will make it more competitive.

Outside, the biggest change is a big grille that makes the Escape look like a smaller Ford Edge. It helps give the crossover a wider stance and more presence on the road. Available LED headlights freshen up the look, and adaptive headlights are available. The first big news is two new EcoBoost engines: a 1.5-litre turbo four-cylinder and a 2.0-litre four-cylinder with a

twin-scroll turbocharger. They both come standard with stop/start, and it is one of the most seamless and least annoying systems out there. The intelligent system improves fuel economy by four to six percent in stop and go traffic and won't activate if the car is in extreme temperatures.

The carryover 2.5-litre four-cylinder is still available, but it's really not the engine you want because it makes the Escape feel lethargic. The EcoBoost options are much better.

On a few stretches of two-lane mountain roads, passing three slower moving cars at a time was surprisingly quick and wasn't anxiety-inducing.

All engines are paired with a six-speed automatic transmission and upper trim levels even have paddle shifters.

Front-wheel drive Escapes are available, but most people will opt for the AWD system, which reads the road conditions every 16 milliseconds. The system can transfer up to 100 per cent of the power to the front or rear wheels if needed. The system makes the crossover feel sure-footed, and it never lost traction in the rain, snow or freezing rain experienced while driving in the mountains and the engine never lost steam at higher altitudes.

All of this makes the 2017 Ford Escape easy, familiar, and predictable to drive. It's easy to park and maneuver, it feels confident and planted. It has everything you'd expect in a modern crossover.

AUTOGUIDE.COM

ALL PHOTOS: LEE BAULE

THE CHECKLIST | 2017 FORD ESCAPE

THE BASICS

Engine: 2.5L four-cyl/1.5L turbo 4-cyl/2.0L turbo four-cyl
Power: 168 horsepower
Transmission: Six-speed automatic
Price: Starts at \$25,099, top model \$35,999

TECH FEATURES

• Adaptive cruise control, collision warning, automatic emergency braking, perpendicular or parallel park assist with park-out functionality and lane keep assist are all available as well as SYNC3, SYNC Connect and a new Ford Pass app for your smartphone.



LOVE IT

- New look
- Smooth stop/start
- Lots of available tech

LEAVE IT

- Small back seat
- Bad base engine

TECHNOLOGY

Audi A7 has impeccable manners

Audi's self-driving prototype might show more consideration for other drivers on the road than some human beings.

The Audi A7 piloted driving concept has received the nickname "Jack" by the German automaker, and Audi claims "it has learned how to show consideration for other road users." Not only is the A7 able to autonomously drive itself on the highway, but it also exhibits a driving style that safely adapts to the given situation, making it a research car with social compe-

tence. For example, Jack is showing that it drives more naturally through all the data it has gathered, now passing trucks with slightly wider lateral gap. It also signals upcoming lane changes by activating the turn signal and moving closer to the lane marking first, performing the act like some human drivers do.

Perhaps the most interesting thing about Jack is how it makes decisions when other drivers want to merge into its lane. The test car will decide, based on the select driving pro-

file, whether it will accelerate or brake in order to handle the traffic situation in a way that benefits everyone on the road. That might be more than we can say about some human drivers who will never let other cars merge.

In the U.S., Audi had a driverless TTS etch the brand's four ring trademark into the surface of a salt flat as well as conquer the legendary Pikes Peak Hill Climb. It has also campaigned an RS7 Sportback at the Hockenheim Motodrome in Germany, turning in lap

+ A8

Audi has spent the past few years investing heavily into piloted driving features and is expected to introduce the technology with the next-generation Audi A8 that will debut next year.

times comparable to or even better than professional drivers. AUTOGUIDE.COM



The Audi A7 prototype, or "Jack," lets other cars merge on the highway, which is more than we can say for some humans. HANDOUT

Based on full-line brands, on 12 month, year over year rolling unit sales



**Innovation
that excites**

TIME IS RUNNING OUT AT THE



NISSAN
MY CHOICE
SALES EVENT

IT ALL
ENDS MAY
31ST

FOR A LIMITED TIME
— GET UP TO —

\$2,000 BONUS CASH¹
ON PATHFINDER MODELS

ON PATHFINDER MODELS

ROGUE®

When Equipped
with Forward
Emergency Braking

LEASE* FROM \$255 MONTHLY WITH \$0 DOWN FOR 60 MONTHS

THAT'S LIKE PAYING ONLY
\$59^W WEEKLY
ON 2016 ROGUE S FWD

STEP UP TO THE SV SPECIAL EDITION

FOR ONLY **\$8** MORE PER WEEK
FEATURING: • ALUMINUM-ALLOY WHEELS
 • HEATED FRONT SEATS & MORE

INCLUDES \$1,000 MY CHOICE BONUS CASH



SL AWD Premium model shown

SENTRA® NEWLY REDESIGNED

LEASE* FROM \$168 MONTHLY WITH \$0 DOWN FOR 60 MONTHS

THAT'S LIKE PAYING ONLY
\$39⁹⁹ WEEKLY
ON 2016
SENTRA S M6

AVAILABLE FEATURES INCLUDE:

- SIGNATURE LED HEADLIGHTS
- FORWARD EMERGENCY BRAKING
- NAVIGATION

• INCLUDES \$750 MY CHOICE BONUS CASH



When Equipped
with Forward
Emergency Braking



1.8 SR
model shown⁴

PATHFINDER®

LEASE* FROM \$363 MONTHLY WITH \$0 DOWN FOR 60 MONTHS

THAT'S LIKE PAYING ONLY
\$84^{ms} WEEKLY
ON 2016 PATHFINDER 5 4X2

INCLUDES \$2,000 MY CHOICE BONUS CASH

AVAILABLE FEATURES INCLUDE:
 • CLASS EXCLUSIVE EZ FLEX SEATING
 • CLASS EXCLUSIVE INTUITIVE 4WD*

Platinum model shown⁴

ALREADY DRIVING A NISSAN? OUR LOYALTY PROGRAM HAS GREAT OFFERS!

VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER

O'REGAN'S NISSAN HALIFAX

3461 KEMPT ROAD,
HALIFAX
TEL: (902) 453-2020

O'REGAN'S NISSAN DARTMOUTH

60 BAKER DRIVE UNIT C,
DARTMOUTH
TEL: (902) 469-8484

Offers available from May 23 - 31, 2016. *Payments cannot be made on a weekly basis, for advertising purposes only. †My Choice bonus cash \$750 // \$750 // \$1,000 // \$1,000 // \$2,000 is applicable to a new 2016 Micra // 2016 Sentra, 2016 Juke // 2016 Altima, 2016 Rogue, 2016 Murano // 2015 Versa Note, 2016 Versa Note // 2015 Sentra // 2015 Altima, 2015 Pathfinder, 2016 Pathfinder which will be deducted from the negotiated selling price before taxes. ‡\$750 // \$750 // \$1,000 // \$1,000 // \$2,000 consists of \$600 // \$500 // \$700 // \$850 // \$1,000 // \$1,700 NCI contribution and \$150 // \$250 // \$300 // \$150 // \$0 // \$300 dealer participation. -Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00) // 2016 Rogue SV Special Edition FWD (Y6SG16 AA00) // 2016 Sentra 1.8 S M6 (C4LG56 AA00) // 2016 Pathfinder S4 X2 (5XRG16 AA00). 0.99% // 0.99% // 0.99% // 2.99% lease APR for a 60/60/60 month term equals monthly payments of \$255 // \$287 // \$363 with \$0 // \$0 // \$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. *Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$15,325 // \$17,219 // \$10,086 // \$21,756. †\$1,000 // \$1,000 // \$750 // \$2,000 My Choice bonus cash included in advertised offer. ‡\$100 // \$700 lease cash applicable on 2016 Rogue S FWD CVT (Y6RG16 AA00) // 2016 Sentra 1.8 S M6 (C4LG56 AA00). *Models shown \$37,343 // \$24,198 // \$49,193 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00) // 2016 Sentra 1.8 SR CVT (C4SG16 AA00) // 2016 Pathfinder Platinum 4x4 (5XEG16 AA00). **Lease and PDE charges (\$1,795 // \$1,600 // \$1,795) air-conditioning levy (\$100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. †Word's Large Cross Utility Market Segmentation. MY16 Pathfinder vs 2016 and 2015 Large Cross/Utility Class. 2016 Sentra is recognized as IIHS top safety pick+ when equipped with Forward Emergency Braking. For more information see www.iihs.org. 2016 Rogue recognized as IIHS top safety pick when equipped with Forward Emergency Braking. For more information see www.iihs.org. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.



"What we want from hockey, what we look for, is life's ideal, not its reality": Gord Downie during the 2004-05 NHL lockout

Rock-steady in Cleveland

RAPTORS GAME 5 PREVIEW

Canadian club has kept even keel through ups and downs

Of all the traits the Toronto Raptors have displayed this season, there is none of which they are more proud than their collective level-headedness.

They know not to get too euphoric after wins, to not dive into the throes of despair after losses; the even-keel nature of the season has helped make it the most special in franchise history.

And now, with a monumental opportunity in front of them, one that may never come around again, they remain calm and collected and not at all full of themselves.

They know being 2-2 with the Cleveland Cavaliers in what's now a best-of-three NBA Eastern Conference final is a gigantic accomplishment but that it doesn't mean anything is going to be easy.

"I will say this: it's going to be a different animal back in Cleveland, as it is in every series," coach Dwane Casey said on a conference call on Tuesday afternoon.

"When you go into another team's home territory, it's a little bit tougher."

The Raptors arrived in Cleveland brimming with confidence, but not cockiness. After being drilled in the first two games of



55
The number of points Kyle Lowry scored in the Raptors' two wins over the Cavs. In Toronto's two losses, he scored just 18 points.

the series at the Quicken Loans Arena, Toronto rebounded with two wins at home.

They were led by the scoring exploits of Kyle Lowry and DeMar DeRozan — 67 points between them in Game 4 — and an increasingly stingy defence that has frustrated Cleveland's outside shooters.

"I think DeRozan and Lowry really took it upon themselves to get their team back on track, and we have to take that one-on-one challenge and be better

with those two guys," Cleveland coach Tyrone Lue told reporters on Tuesday.

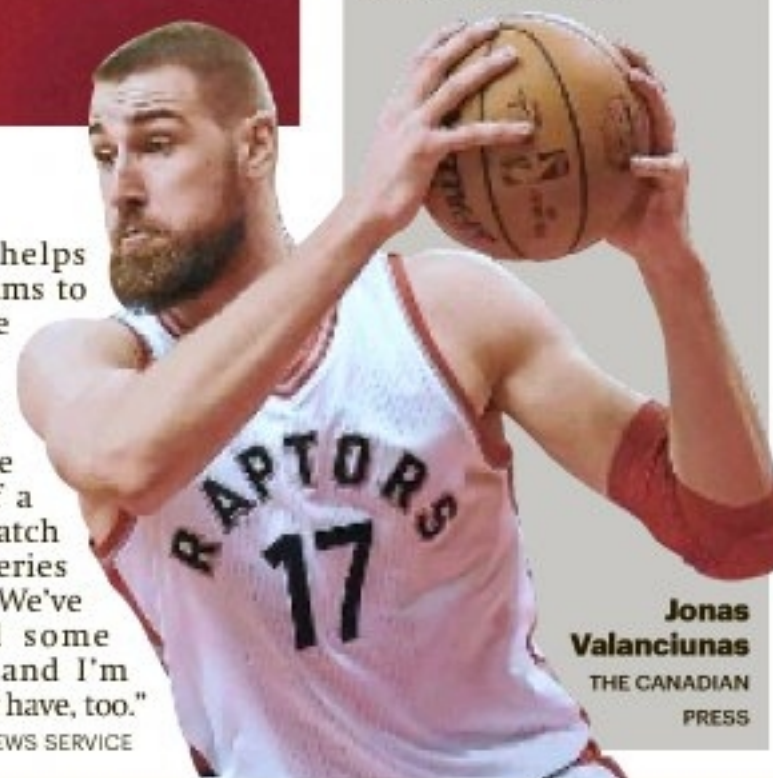
The familiarity that has developed as the series has progressed is helpful, but Casey knows it runs both ways.

"We know who they are, they know who we are," he said. "I think we have gotten a little bit more familiar with what they're trying to do and giving us a little bit more confidence as far as to stop it."

"As we go further, I think

it just helps both teams to get more comfortable. It gets into a little more of a chess match as the series goes on. We've learned some things, and I'm sure they have, too."

TORSTAR NEWS SERVICE



Jonas Valanciunas
THE CANADIAN PRESS

+ FRONT COURT

Big ace up their sleeve

The Raptors do have one card left that they may play in centre Jonas Valanciunas.

He was active but did not play in Game 4 after suffering a sprained ankle in Game 3 of the conference semifinal with Miami.

It's hard to imagine Valanciunas having a huge impact given Cleveland's unorthodox frontcourt, but he's an intriguing possibility. Bismack Biyombo had a huge impact on the series the last two games, averaging 20 rebounds, but the other dynamic of Valanciunas could be a difference-maker.

FRENCH OPEN

Bouchard says she's past eating disorder

Canadian tennis star Eugenie Bouchard says she has overcome an eating disorder brought on by "a lot of pressure" and the added expectation that followed her breakthrough year in 2014.

Speaking after a first-round victory Tuesday at the French Open, Bouchard said she felt as though food "would come right back up" and struggled with weight loss in 2015, when her ranking slipped.

She says "before matches I was very nervous and definitely had trouble eating. And not just before matches, (it) happened to me at other meals as well."

The 22-year-old Canadian finished 2014 with a career-high year-end ranking of seventh, after her Wimbledon final loss to Petra Kvitová and semifinal appearances at the French Open and Australian Open. Her ranking fell to 48th at the end of 2015.

Bouchard cruised into the second round Tuesday, beating Germany's Laura Siegemund 6-2, 6-2.

The Montreal native played a clean match and avoided committing a double-fault, while Siegemund committed six. Bouchard converted five of 13 break opportunities. THE CANADIAN PRESS



Eugenie Bouchard
GETTY IMAGES

MLB

Rays hang on for win over Marlins

Jake Odorizzi allowed two hits in five shutout innings, Hank Conger hit a two-run single and the Tampa Bay Rays held on to beat the Miami Marlins 4-3 on Tuesday.

Odorizzi (2-2) struck out seven and walked three, plus delivered an RBI single for his first career hit. Logan Morrison had three hits and Brad Miller had two hits and two stolen bases for the Rays.

Giancarlo Stanton hit his 12th home run for Miami.

THE ASSOCIATED PRESS



Jake Odorizzi GETTY IMAGES

SOCCER IN BRIEF

Ronaldo gets injury scare during training session

Cristiano Ronaldo left Real Madrid's training session early after an injury scare on Tuesday, but doctors said the forward is not at risk of missing the Champions League final.

Ronaldo hurt his left leg after colliding with reserve goalkeeper Kiko Casilla while going for a ball crossed into the area near the end of the session. He appeared in pain and stayed on the ground for a few moments.

THE ASSOCIATED PRESS

Arsenal tops Leicester in BPL prize money

Arsenal received the most Premier League prize money last season despite finishing behind champion Leicester.

Second-place Arsenal received 101 million pounds (\$148 million US) because more of its games were broadcast live in Britain. Leicester (93 million pounds) was only shown regularly on domestic TV in the second half of the season when its improbable title challenge appeared more realistic.

THE ASSOCIATED PRESS

NHL PLAYOFFS

Blues turning back to Elliott for Game 6

The St. Louis Blues are going back to goaltender Brian Elliott for Game 6 of the Western Conference final against the San Jose Sharks.

"It's his turn," coach Ken Hitchcock said Tuesday. "It's his turn for Game 6."

Jake Allen has started the last two games and made 21 saves in a 6-3 Game 5 loss that included two empty-net goals.

The Sharks lead the series 3-2 and on Wednesday night can earn their first trip to the

EAST FINAL

Go to metronews.ca to see if the Penguins were able to stave off elimination as they turned to rookie goalie Matt Murray in Game 6 in Tampa, Fla.

Stanley Cup final. The Blues are in the conference finals for the first time since 2001.

THE ASSOCIATED PRESS

INTRODUCING THE **ALL-NEW** 2016 CHEVROLET **CRUZE**



THE ALL-NEW 2016
CHEVROLET CRUZE

FIND **NEW** ROADS™

FEATURES:

- ALL NEW DESIGN
- PREMIUM COMFORT, RIDE AND SAFETY
- ALLOY WHEELS
- HEATED SEATS
- REAR VIEW CAMERA
- 7" MYLINK ENTERTAINMENT WITH APPLE CARPLAY & ANDROID AUTO COMPATIBILITY

LEASE FOR **0.5%** OR FINANCE FOR **0%**

FOR UP TO 60 MONTHS
OR **0.99%** FOR 84 MONTHS

FOR A LIMITED TIME RECEIVE **\$500 FINANCE CASH SAVINGS** & **\$500 GM CARD*** APPLICATION BONUS

ALL NEW VEHICLES COME WITH:

**CHEVROLET
COMPLETE CARE**

2

YEARS/48,000 KM
COMPLIMENTARY
OIL CHANGES**

5

YEARS/160,000 KM
POWERTRAIN
WARRANTY*

5

YEARS/160,000 KM
ROADSIDE
ASSISTANCE*

CHEVROLET



O'REGAN'S
DRIVING HIGHER STANDARDS

CHEVROLET | BUICK
GMC | CADILLAC

2477 ROBIE STREET
902-422-8551
OREGANSONROBIE.COM

*Visit O'Regan's on Robie for more details

HOME HEATING

Heat Pumps from
\$33/mthCommercial/Residential
Nova Scotia Power On Bill Financing

Heat Pump Guys



902-444-7870



APARTMENTS



THE HUNTINGTON

58 Holtwood Court, Dartmouth (off Baker Dr.)

PREMIUM AMENITIES

- Spacious 2 Bedroom & 2 Bedroom plus Den Suites from 995 to 2,170 sq. ft.
- Six Full Size Appliances (Incl. Self Cleaning Oven)
- Large Balconies
- Granite Countertops
- Guest Suite
- Fitness Room
- Cat & Small Dog Friendly
- Deluxe Residents Lounge
- Rooftop Terrace
- Underground Parking
- Indoor Car Wash Bay

NOW
RENTING6 Floors of
Breathtaking
Views and
the Latest
in Luxury!CENTURION
PROPERTY ASSOCIATES INC.

Tel: 1-888-236-7767

Email: rentals@cpliving.com

PENINSULA HALIFAX
APARTMENTS

2717 & 2761 Gladstone St.

Studio Unit &
1 Bdrm Apartments
AvailableComfort, convenience &
affordable living for the
busy & active lifestyles
of Halifax residents.Doreen at 902.830.4300 or
dmailon@westwoodgroup.ca
westwoodgroup.ca

MASSAGE THERAPY

MOVERS

John Panter,
Certified Rolfer™Are you
tired of
chronic
pain...?

902 425 2612 • fareast@auracom.com

ABLE MOVERS

- Free In Home Quote
- Insured Professional Service

Call today for your
free estimate!
471-9733

FINANCIAL



credit700.ca

\$750 Loan and more

No credit check

Open 7 days from 8 to 8 (EST)

Call us or apply online

1-855-527-4368

www.credit700.ca

For those without a Metro,
the forecast calls for
"I dunno" with a slight
chance of "Huhhh?"

1 Month Free Rent!*

Find an apartment at universalgroup.ca
or call us to view today 902-425-8877

*Some conditions apply. Call for details.



Building Excellence that's locally-owned.

WINDSOR, NS

490 WILEY

Bach, 1, 2 & 3 BR
From \$569Heat, Hot Water, Cat
Friendly, \$200 Gift
Card & Early Incentive902-402-1518
902-791-0232Give it
to a
friend
at no
extra
cost.

Belmont Court Apartments

Completely renovated, spacious apartments
with large balconies near everything
Cole Harbour has to offer!Clean & Quiet
Dedicated Parking
On-site LaundryAffordable Rates
On-site Superintendent
Great Neighbours957 Cole Harbour Road, Dartmouth
902-425-5777 • belmontcourt.caNEWLY
RENOVATED UNITS

1, 2 & 3 BR units

Located on Churchill Crt & Roleika Dr. Dartmouth

Close to Schools, Buses
and All Amenities!

1 Bedroom now \$575

2 Bedroom now \$620

2 Bedroom + Den now \$809

3 Bedroom now \$809

Call today 902-462-3544
or 902 830-4851

PineRentals@gmail.com

RECIPE Salmon Burgers



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

These burgers made from fresh salmon get a zippy hit of flavor thanks to ginger and scallions.

Ready in

Prep time: 20 minutes
Cook time: 10 minutes

Ingredients

- 1 1/2 lb fresh salmon filet
- 1 clove garlic, minced
- 1 Tbsp ginger, minced
- 4 scallions, sliced
- 1/2 tsp salt
- 2 Tbsp sesame oil
- 1 egg, whisked
- 1/2 cup panko (or bread crumbs)
- 2 Tbsp vegetable oil

Directions

1. Chill your salmon for at least 15 minutes before you begin, it will make it much easier to chop

up. Using a sharp chef's knife, cut away the skin (if you didn't buy skinless salmon). Chop the filets into roughly 1/2 inch dice. Resist the urge to use a food processor for this task or you will end up with salmon paste and that's not what we're after.

2. In a large bowl, mix together the garlic, ginger, scallions, salt, oil, egg and panko. Add your chopped salmon and mix thoroughly. Divide the mixture into four, good-sized patties.

3. Warm the vegetable oil in a large skillet over medium heat. Gently place the patties in the warm pan and cook four or five minutes, carefully turn them over and cook for another four or five minutes. Serve on a toasted bun with your favourite slaw.

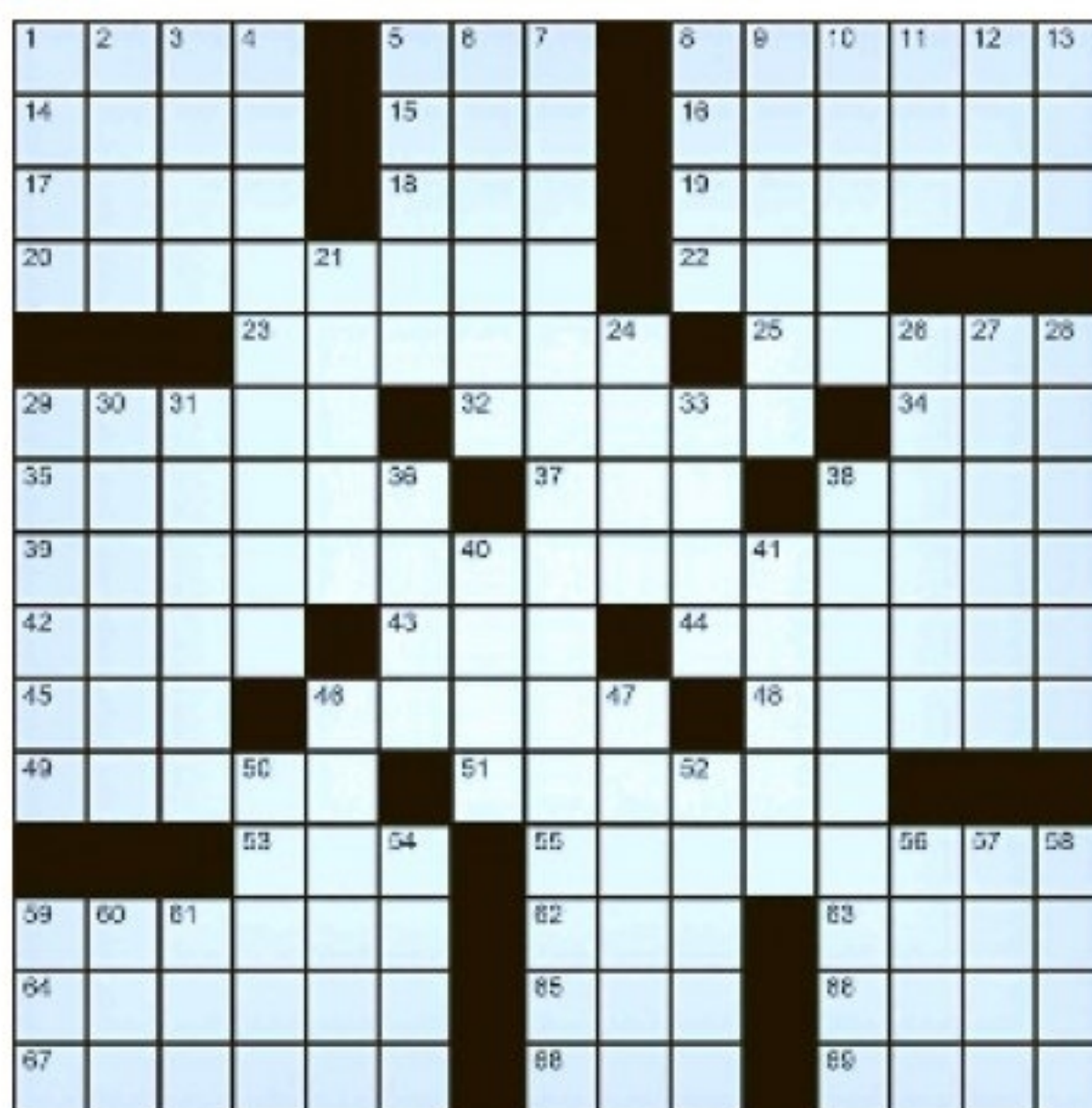
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Just for Laughs" (Canuck fun TV show)
5. Beast of burden
8. First-rate, as an excellent job
14. Pronto, in an office
15. Charge
16. ___ Ed's (Toronto bargain store attraction)
17. Stuff
18. ___ pedestal
19. "SCTV" alum Ms. Martin
20. Soldier's garb
22. Stove brands, e.g.
23. Bell and Rogers, hip-style
25. Belonging to rock singer Meat
29. Sanctuary
32. Nervous
34. Cat's claws locale
35. Muse of astronomy in ancient Greek mythology
37. Oscar-winner Ms. Field, to pals
38. Finale, in music
39. Montreal-born author of 1971 novel St. Urbain's Horseman: 2 wds.
42. "Titanic" (1997) actress Suzy
43. "There no '___' T-E-A-M."
44. Earlier match or round [abbr.]
45. Glasgow refusal
46. Beef up: 2 wds.
48. Desktop symbols
49. County in



- England
51. Shri! scream!
53. Dermatology plumping site
55. Magnitude
59. Taste, States-style
62. Workshop tool
63. Chill
64. Filmdom

65. Marathoner Ms. Pippig
66. 1970 war movie, when tripled!
67. Sophisticated
68. Coffee make ...the 'cafe' has been drunk
69. Sea eagles

DOWN

1. Sailing spar sort
2. World's biggest continent
3. Canadian composer Mr. MacDermot
4. Hairstyling woes: 2 wds.
5. Run ___ of (Conflict)

6. Toronto college; or, Roman statesman
7. "We had joy...": 1974 hit song for Winnipeg-born singer Terry Jacks: 4 wds.
8. 1970s carpeting choice
9. "Mr. ___" by Bobby Vinton

10. "Then...?": 2 wds.
11. For every
12. Expend
13. "Harper Valley ___"
21. Soaps actress Ms. Francis
24. Celebrity
26. NASA's moon program
27. Gradually-seen movie scene: 2 wds.
28. Lots of locusts
29. Compassionate to critters
30. Perfumes
31. Deviates
33. Dress undergarment
36. ___-tongued
38. Chess victor's declaration
40. Assists
41. Ye olde town announcer
46. Self-evident truths
47. Flowery
50. J.R.R. Tolkien: Middle-earth beings
52. Belonging to Des Moines' state
54. Address the heavens
56. Prince ___ (Alexander Borodin opera)
57. Change direction
58. Nays opposers
59. US broadcasting regulator
60. Tiny 'tiny'
61. Ms. Navarro, 2016 Presidential election commentator on CNN

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Conversations with authority figures (bosses, parents and the police) might be heated today. Chill out. Part of the problem is that something unexpected will catch you off guard.

Taurus April 21 - May 21
Avoid controversial subjects today, because people are entrenched in their own point of view and will listen to no one else. Therefore, save your breath! Travel plans will change.

Gemini May 22 - June 21
Keep an eye on your bank account to know what's happening today, because something unexpected might occur. It could impact inheritances and shared property agreements.

Cancer June 22 - July 23
Because something is unexpected, this could throw you off your game when dealing with partners and close friends. Do your best to stay calm so that you can handle the unexpected.

Leo July 24 - Aug. 23
Today your work routine will be interrupted by computer crashes, power outages, canceled meetings and such. Give yourself extra time so you have wiggle room to deal with this.

Virgo Aug. 24 - Sept. 23
Parents should be extra vigilant today, because this is an accident-prone day for their kids. Romantic partners will also encounter speed bumps. Oops. Be patient.

Libra Sept. 24 - Oct. 23
You like to keep the peace with others for your own peace of mind. Therefore, avoid arguments with partners and close friends today. Be cool.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for you, so pay attention to everything you say and do. If you are mindful and aware, you will be fine.

Sagittarius Nov. 23 - Dec. 21
Keep an eye on your money and cash flow today. Count your change. Double check your bills and invoices, because something unexpected will affect your wealth.

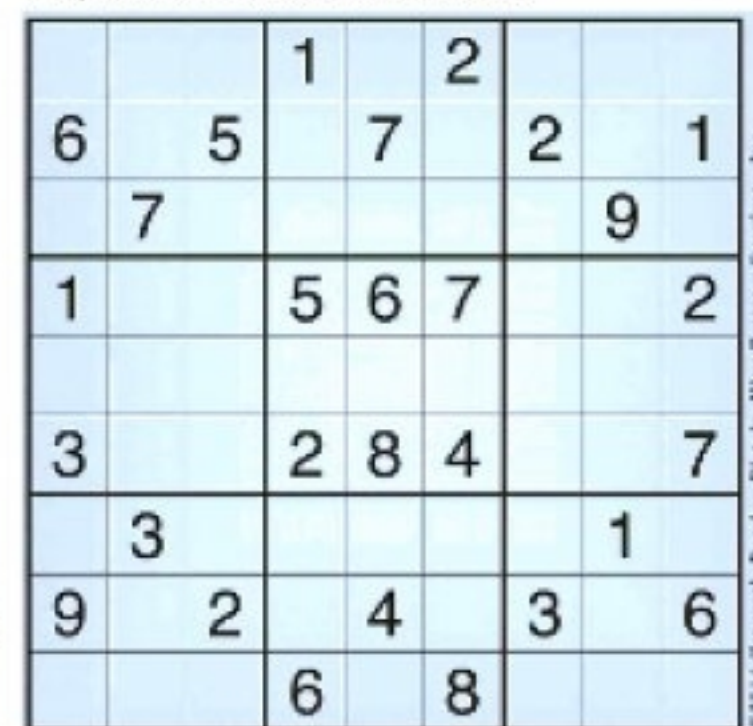
Capricorn Dec. 22 - Jan. 20
Today the Moon is in your sign, lined up with Pluto and at odds with Uranus. Guard against impulsive, impetuous behavior. Think before you act. Watch out for knee-jerk reactions.

Aquarius Jan. 21 - Feb. 19
Something hidden or behind the scenes will catch you off guard today. Patience and an unhurried pace will be your best approach.

Pisces Feb. 20 - March 20
A friend might surprise you today. Alternatively, you might meet someone who is a real character. This person likely will be bohemian or "out there" in some way — definitely unusual.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



metro
Tell us how you really feel.

Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



AWARDS AREN'T GIVEN. THEY'RE EARNED.



GET AIR MILES®
Reward Miles
AT STEELE MAZDA



GT model shown

2016 Mazda3 G

LEASE FROM **\$86**^{*} BW



2016 MAZDA CX-3
CANADIAN UTILITY
VEHICLE OF THE YEAR
AND
CANADIAN GREEN UTILITY
VEHICLE OF THE YEAR

AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA



GT model shown

2016 CX-3 GX

LEASE FROM **\$134**^{*} BW



CAR AND DRIVER
2016 EDITORS' CHOICE
COMPACT CROSOVERS/SUVS



GT model shown

2016 CX-5 GX

LEASE FROM **\$141**^{*} BW



NO CHARGE IN-DASH NAVIGATION[†]
OR \$500 SIGNING BONUS[‡]



**\$500 GAS CARD ON ANY
NEW MAZDA 3 EXCLUSIVE
TO STEELE MAZDA!**

ON SELECT 2015/2016 MODELS

**DRIVE THIS AWARD WINNER AS MUCH AS YOU WANT, AS FAR AS YOU WANT
WITH UNLIMITED MILEAGE WARRANTY AND \$500 FREE GAS!!**



ONLY AT STEELE MAZDA!



15 LANSING COURT
DARTMOUTH, NS
LOCAL: 902-982-3897
TOLL FREE: 1 888-496-2923
WWW.STEELEMAZDA.COM



†No Charge Navigation offer (value up to \$425) valid on purchase, finance or lease of select new and unused 2015 and 2016 Mazda models. ‡\$500 Signing Bonus is available on retail purchase, finance or lease of all new, in-stock 2015 and 2016 Mazda models from May 3 - 31, 2016. Signing Bonus will be deducted from the negotiated price before taxes. ©™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Steele Mazda. *HST extra, OAC. See dealer for details.